

Lung Cancer Awareness Month Toolkit

November 2020

November Is Lung Cancer Awareness Month

Lung Cancer Awareness Month is an annual observance held throughout the month of November. It is intended to raise awareness of lung cancer and its cause, prevention, diagnosis, treatment, survivorship, and cure. “More people in the United States die from lung cancer than any other type of cancer” (Centers for Disease Control and Prevention [CDC], 2019). In 2017, more than 221,000 men and women were diagnosed with lung cancer in the United States (CDC, 2019), with 275 diagnoses in Wyoming in 2018 (WDH Cancer Surveillance, 2018). November is also an opportunity to support those affected by lung cancer. Lung Cancer Awareness Month begins on November 1 and ends on November 30.

Radio Ads

November is Lung Cancer Awareness Month. Lung cancer is Wyoming’s leading cause of cancer-related death. Smoking is the leading cause of lung cancer with 85% of lung cancers being attributed to smoking. Early detection with CT screening has been found to lower the risk of death in certain high-risk persons based on their age, general health, and smoking history. Talk to your doctor about your risk for lung cancer. To learn more about resources to quit smoking, call 1.800.QUIT.NOW.

Did you know that radon is the number one cause of lung cancer in non-smokers? And that some parts of <<county>> have elevated radon levels? Radon is a naturally occurring gas that can build up to a dangerous level in your home. The Wyoming Cancer Resource Program is reminding you to check the radon levels in your home. It’s a simple test and will show you if your home has elevated radon levels. Test kits are available at no cost! To get your free radon test kit, visit health.wyo.gov/radon or call 1.307.777.6015. Wyoming Cancer Resource Services is funded by the Wyoming Department of Health.

Facebook Social Media

Tobacco use remains the single largest preventable cause of illness and death in the U.S. Get the facts as we kick off #LungCancer Awareness Month: <http://bit.ly/2hmOIbw>

November is #LungCancer Awareness Month. Did you know that there are steps you can take to reduce your risk of lung cancer? To reduce your risk, don’t smoke or quit smoking, avoid secondhand smoke, and get your home tested for radon: <http://bit.ly/2xU52og>

Lung cancer kills 433 Americans every day. That’s the same number of seats on a 747 jet. Learn more at Lung Cancer Foundation of America <https://lcfamerica.org/get-involved/november-lung-cancer-awareness-month/#1571339669550-37b776df-7176>

Smoking can cause #LungCancer. Cigarettes are dangerous because they contain nicotine, an addictive chemical. Find out if you are addicted to nicotine by taking this quick quiz and find resources to help you overcome your addiction: <http://1.usa.gov/22Nlorl>

Start with this helpful guide from the National Cancer Institute: <http://bit.ly/2a01T9K> then talk with your provider about whether a lung cancer screening is right for you.

CDC says smoking even a few cigarettes a day can lead to serious health problems. Quitting smoking completely improves your health dramatically. More here: <http://bit.ly/2aexfx4>

Radon is a cancer-causing, radioactive gas. You can't see, smell, or taste radon, but it may be a problem in your home. Exposure to radon is the second leading cause of lung cancer in the U.S. in people who smoke and is the leading cause of #LungCancer in non-smokers. Get your free home radon test at health.wyo.gov/radon

Check out this [video](#) from the Environmental Protection Agency to learn more about radon and the dangers of radon exposure. For more information about radon in Wyoming or to order a free test kit, call 307.777.6015 or visit health.wyo.gov/radon.

Print/social media ads



LUNG CANCER

is the leading cause of cancer death in Wyoming.


Approximately 90% of lung cancers can be attributed to smoking.

American Lung Association

If you or someone you know wants help to quit smoking or using tobacco, contact the Wyoming Quit Tobacco Program at 1.800.QUIT.NOW or visit quitwyo.org.


To learn more about cancer resources in your area, contact the Wyoming Cancer Program at 1.800.264.1296 or visit health.wyo.gov/cancer.






What you should know about radon

Radon is an odorless, colorless, naturally occurring gas that and the second leading cause of lung cancer. The highest levels of radon are found in the lowest level of a house. If your house has a radon level over 4.0 pCi/L, fix it!



TEST YOUR HOME

The Wyoming Cancer Program offers short-term home radon test kits at no cost. The radon test kits cover roughly 2,000 square feet and should be placed in the lowest, regularly used level of your home. To order a kit, visit www.health.wyo.gov/radon or contact the Wyoming Cancer Program's radon line at 307.777.6015.



FIX HIGH RADON LEVELS

Testing your house for radon is the easiest and fastest way to see if you have high radon levels. If you have a high level of radon, a radon mitigation system should be installed in your house in order to reduce your exposure to radon. A certified professional can install the system, or you can do it yourself. Fixing high radon levels can save lives.

Questions about radon?
Visit www.health.wyo.gov/radon

Videos

CDC: Tips from Former Smokers: <https://youtu.be/d6iS44aHy4s>

Radon Awareness: Pacific Northwest and Alaska: <https://www.youtube.com/watch?v=7VVAeO--I8c&feature=youtu.be>

